



The Umbrella sessions – Understanding Anxiety, triggers and strategies to build resilience

Neurodivergent people experience anxiety at significantly higher rates due to sensory overload, unpredictability, communication barriers, and social pressure. This workshop provides the understanding and tools needed to create calmer, safer, and more supportive environments.

Different minds • Shared belonging • Stronger support

What will parents learn?

- **Neurodivergent anxiety**, how it differs from neurotypical anxiety
- **Common triggers**, sensory, social, communication and executive functioning
- **Support strategies**, practical tools for home, school and social environments
- **Inclusive design**, creating calmer, predictable responses

Who is it for?

This session is for parents and carers who would like to better understand how anxiety presents, learn about common triggers and develop strategies to cope and build resilience

Dates– September 22nd 2026 6-8pm

or October 12th 9.30am-12 noon

Venue – Spotland Bridge Mill, (Floor 2) Mellor Street, Rochdale, OL11 5BU

Tel 07455 825540

Book on Eventbrite or email rochdaleumbrellasessions@outlook.com

